

Bee: Hi everyone, welcome to the second episode of the VSV Voices podcast. I am Tabitha, you can call me Bee. I am in year 11 and I am one of your hosts today.

Alex: Hi I'm Alex, I am in year 8 and I am also one of the VSV Voices hosts. We are super excited to have you here listening today.

Bee: 2020 has been a pretty crazy year to say the least, we've had to learn to adapt to a new lifestyle and have to isolate ourselves from our friends and sometimes family.

Alex: In today's episode, we will talk about the struggles of quarantine, the ups and the downs of 2020 and how quarantine has changed us and the school in positive ways.

Bee: We know that covid has been a very difficult situation for many people. Hopefully through this podcast we can all feel more connected.

Bee: So Alex, what was one of the major struggles of quarantine for you?

Alex: For me personally one of my hardest parts of being in quarantine is I don't get to see my family and I haven't for quite a long time and it kinda sucks cause I'd love to go out, see my family and friends, go out to restaurants and connect with others. How about for you?

Bee: Yeah, not being able to connect with friends has been a major thing for me as well. Quite a lot of plans got put on hold for that, hey. School as well was really hard for me because I have no home motivation at home, at all. VSV schooling didn't change much for me but my mainstream school was definitely majorly impacted especially the poor teachers, shout out to everyone's teacher! Thankyou for being awesome during home learning! But I have connected to a lot of people because of that via Zoom and Webex and Google meets, so I have had excuses to text people I haven't heard from in a while and catch up with them as well. What about you?

Alex: With social media I found I have been much more able to talk, connect with family and friends which has been really useful I think. Like you said I've used Zoom and Webex every single day and I use instagram every day now, but I miss seeing people in real life, people on a screen isn't the same.

Bee: And other annoying things have been happening as well like mask wearing. Nobody really likes masks, they are super uncomfortable but I mean they do keep you safe.

Alex: They are annoying but we have to wear them and they are keeping us healthy I guess so I don't mind it.

Bee: yeah same as well as they kinda have become a fashion statement haven't they with different designs because everyone's wearing them you kind of want them to look good and in some ways it's almost a competition of "Hey look, I've got an awesome mask!"

Alex: For me, I've personally quite missed shopping and being able to go out to restaurants. I haven't been out to a restaurant in months.

Bee: Months and months.

Alex: I miss it alot.

Bee: as well as those whole two episodes of panic buying, wasn't that interesting. (Alex: Oh my god, yes.)

Bee: Do you have any funny stories of panic buying Alex?

Alex: I remember going to my local Coles, at the shopping mall and we went up the toilet paper aisle. There was no toilet paper, no diapers. All the baby stuff had run out there was like nothing. All the longlife milks, drinks were gone so there was nothing there to buy.

Bee: Yeah, but I mean there was one good thing that came out of the panic buying the memes!

Alex: Lots and lots of memes.

Bee: Lots and lots of memes yeah, some people make hoarding memes, some people make mental health memes like this one I heard of just people fighting around on the internet saying 'If you need 144 rolls of toilet paper for a 14 day quarantine you probably should have been seeing a doctor long before covid.'

Alex: That's funny.

Bee: Which is true yeah.

Bee: More than coronavirus has happened in 2020 hasn't it? Remember those bushfires at the beginning of the year.

Alex: Absolutely.

Bee: those were big!

Alex: Yeah

Bee: All that smog and horribleness at christmas

Alex: It was quite scary

Bee: Yeah it was, especially as I was away at christmas break and we saw several grass fires and we drove through massive smoke affected areas. It was very bad, so I'd first of all like to extend our concerns and condolences to everybody who lost their homes, their family's or etcetera in the fires, as well as thank the fireman and the people who helped and stopped those bushfires as well.

Alex: Although these are horrible events and not ones I'd wish on anyone, I believe it has brought people together a bit more and everyone's caring and looking out for others and that's, that's really good. And it has raised awareness and people have become closer.

Bee: Yeah, I know my family and I definitely don't squabble nearly as much as we did before the start of the year so, we've definitely learned to work together there. And the environment has had an interesting sector this year as well with the first of the smog of the bushfires and then the coronavirus lockdown. Some areas of the world have really benefited from the less pollution, haven't they?

Alex: Absolutely, the less cars and trains and buses on the roads. It has benefited the environment a lot, I think.

Bee: Highly agree with that although I will chuck in the fact that shouting out to the major corporations hey, yes there has been a small drop in O2 emissions but most of that's on your back and we know it now.

Bee: Hygiene emissions have definitely improved this year with all the awareness about washing your hands. I know myself in my school even despite all the lockdown and stuff because everyone has been actually washing their hands, looking at you year 8's. Sorry Alex, no offense to you . People haven't been getting sick so we've had a lot less colds going around the school. We haven't had a single episode of the flu that I know of so that's definitely been helpful for worldwide health and definitely in the western countries.

Alex: Yes, Yeah and it is really important everyone does keep remembering to wash our hands and keeping safe even as coronavirus dies down.

Bee: Yeah, keep washing your hands guys it's super important.

Alex: I know for at my house we've been taking our dog for walks every single day and sometimes twice a day and I know he's been loving it and it's been great having him around because he's actually like a mental health animal which is nice.

Bee: Yeah, they do and lots of people have been going outside and exercising, buying pets as well during quarantine to keep them entertained.

Alex: Yeah

Bee: Yeah because any animal is good for people's mental health and exercise as well so double mental health boost right there in this depressing time.

Bee: Now how do you think quarantine has changed us though Alex, from what we were before?

Alex: I think I'm a lot more grateful for that I'm healthy, I probably won't complain that much if I just get a headache or a little bit sick.

Bee: Oh mood.

Alex: I know that I'd like to be grateful and like to care about others more and yeah.

Bee: Yeah I have found that I'm, well I'm a lot less motivated to do schoolwork. I've become a lot more motivated to try different things so my sister's have been baking the house down. I've been reading a lot of books again, I've been crocheting which is not as girly as it sounds. Yeah handcraft has been really, really good to try, I'm really enjoying that. My Mum has been turning out blankets by the tone, not literally but metaphorically. A lot of people are more interested in fitness as a hobby, not just a lifestyle and I've found I've been spending a whole lot of time with my family. What about you Alex?

Alex: I've had heaps and heaps more time to work on my website and my blogs and I've been working on a lot more projects like I've gotten into photography and bought a camera and yeah I've had a lot more me time, which has been amazing I think.

Bee: Yeah definitely

Alex: Yeah and I know I've had a lot more time to spend with my family, although sometimes yes, we argue we've learnt to we have to connect a bit more and that's been great I think.

Bee: Yeah, yes same. Well I think we'll wrap that up. In conclusion 2020 has been very hectic, a really, really hectic and busy year what with coronavirus, bushfires, threats of world war three but, we have learnt and grown from these experiences. Today we talked about the struggles of quarantine, the ups and downs of 2020 and how quarantine has changed us at the school because of it.

Alex: We know that the topic of coronavirus is a very serious matter and can sometimes be a bit difficult to listen to because it's been really hard for us all going into lockdown but it's really important to remember to reflect on our personal growth and how we have dealt with the crisis. If any VSV students ever need some help they can always contact the VSV wellbeing team or a trusted adult.

Bee: Yeah definitely whether you're depressed, whether you're anxious, whether you're just not feeling good that day so definitely contact them if you guys need help. However we have come to the end of this episode. We hope you enjoyed it and got to think about the ups and down of quarantine and how coronavirus has changed us all. Before we go we'd like to say a big thank you to everyone who made this podcast.

Alex: Thank you to the SRC especially the media committee, Summer Reynolds & Arielle Denyer for writing the script. Maria Michalski for proofreading and finalising the script, Sebastian Allen for composing the theme song, an anonymous SRC member for creating the logo, Amy Mclean for writing the transcript, Mel King and Laura Wong for editing the audio, the SRC communications committee for airing the podcast and last but not least; are

amazing listeners!

Bee: We will let you know when our next episode is to come out so listen

in.

Both: cya later!